

Social Support Groups in Lorne

Men's Group with John – Monthly on a Thursday. Lunch at various venues. Call John on 5289 4316 for more details on venues and booking.

Lorne Bus Trips – Every Monday of the month. Different locations selected based on client interest. Call 5289 4316 to book.

Aireys Inlet Bus Trips – Twice a month on a Wednesday. Different locations selected based on client interest. Call 5289 4316 to book.

Current Exercise Groups in Lorne

Airey's Fun with Fitness – Tuesday 10.30 -12.00pm at Aireys Inlet Hall. Call 5289 4316 to register interest. \$10 per class. Morning tea included.

Strength and Balance – Thursday 10.30 -12.00pm at Lorne Community Connect. Call 5289 4316 to register interest. \$10 per class. Morning tea included.

Vitality and Fitness – Friday 10am-11am at Lorne Community Connect. Call 5289 4316 to register interest. \$10 per class.

Mixed Gym Group – Monday, Tuesday, Wednesday, Thursday and Friday at 8.30am and Tuesday and Thursday at 1:00pm at Lorne Campus Gym. Call 5237 8575 to register interest. \$10 per class.

Mixed Gym Group - Monday and Wednesday 9.30am at Lorne Campus Gym. Call 5237 8575 to register interest. \$10 per class.

Men's Social Gym Group – Tuesday and Thursday at 10am at Lorne Campus Gym. Call 5237 8575 to register interest. \$10 per class.

Pre/Post Surgery Rehab Group – Tuesday and Thursday at 11am at Lorne Campus Gym. Call 5237 8575 to register interest. \$10 per class.

*Please bring your own water bottle to classes. All exercise classes will require an exercise assessment before commencement.